



Managing a Chronic Condition

If you have a chronic medical condition, stay as healthy as possible by:

- ✓ Seeing your doctor regularly.
- ✓ Being knowledgeable about your condition.
 - ✓ Following your treatment plan.
 - ✓ Reaching out for support.
 - ✓ Monitoring your condition.
- ✓ Knowing the warning signs for possible complications.



Tips for Managing a Chronic Condition

See Your Doctor Regularly

Regular appointments and tests help determine whether your treatment plan is effective and can help identify problems early, when they may be easier to treat.

Be Knowledgeable About Your Condition

If you have been diagnosed with a chronic condition, learn how to manage it to stay as healthy as possible. Ask your health care team for more information and additional resources.



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Follow Your Treatment Plan

Work with your doctor to develop a treatment plan that is right for you. Your treatment plan may include:

- Taking medication as prescribed.
- Making changes to your diet.
- Adopting healthy lifestyle habits which may include regular exercise, stress management, weight management, or quitting tobacco.

Reach Out for Support

Family, friends and support groups can make a difference in how you manage your condition and your overall quality of life.



Tips for Managing a Chronic Condition

Monitor Your Condition

Some conditions require daily tracking to monitor how well your treatment is working or to discover and treat a problem before it becomes worse. Avoid anything that may aggravate your condition and know when you need to call your doctor.

Know the Warning Signs for Possible Complications

Work with your doctor to develop an action plan. Know the symptoms to watch for and what to do when they occur.